

BRIDGES

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Saskatoon's newest
clothing store, Spark **P.2**

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wants to have positive
influence **P.10**

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At Choc's Cure in
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Centre **P.22**

WEDNESDAY, NOVEMBER 6, 2012

A STARPHOENIX COMMUNITY NEWSPAPER

WHAT TRUTH SOUNDS LIKE

LINDSAY KNIGHT TURNS
POETIC RHYMES INTO
POWERFUL MUSICAL
MESSAGES AS EEKWOL **P.4**



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INVENTORY

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ON THE COVER PG. 4



Artist Lindsay Knight's music faces indigenous history with the present. **BRIDGES PHOTO BY MICHELLE BEERS**

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Director-in-charge Sally Meadows taken daily walks through JohnAubert Park, her favourite place in Saskatoon. **BRIDGES PHOTO BY MICHELLE BEERS**

BRIDGES COVER PHOTO BY MICHELLE BEERS

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ON THE COVER

Things can change; we have to rise up.
I have a revolutionary way of thinking.
—Lindsay Knight

LINDSAY KNIGHT

Rap, motherhood, academia and community collide

By Angelina Irimaci

You may know Biserot as Canada's first solo female underground hip-hop artist.

What you may not know is that Lindsay Knight isn't too fond of that title. For starters, Knight doesn't like the term *underground* because it's been developed and defined by the government and not its own people. She prefers "indigenous" because it reflects the people as an international level as being different nations and tribes. And she doesn't like to be ghettoized — she questions why female rappers are put in a separate category from males. She joined people who "have pretty good for a girl" for her album. Her response: "It's words. It's using your throat to create words. Why is it any different?"

Knight has been writing all her life; she still has a journal from when she was six years old, and she doesn't have the heart to throw it away. Her words went from journal entries to poetry, song lyrics and even a novel's theme. (She recently earned a PhD from the University of Saskatchewan.) The song lyrics turned into four albums, one of which won Best Hip-Hop Album at the Canadian Aboriginal Music Awards in 2006.

Knight wrote when she was angry, she wrote when she was sad and she wrote the emotions of others. (She wrote what she felt, what she heard, but most importantly what she was learning. And of times, what she was feeling.)

Knight was on a path of activism — she began studying Native Studies at the University of Regina (graduating in 2005) and exploring her roots. Knight is from Moosehide First Nation. Most of her teenage years were spent in Saskatoon. She was raised in a Cree and Anishinabe traditional, ceremonial way but she left those traditions when she was younger. Once she came back to them, her music started to reflect that, she thought — and rapped —



Hip-hop artist Lindsay Knight (below) and her daughter Kany. The activist incorporates social and historical themes in her music. BISOLOT PHOTO BY MICHELLE BIRCH

from a more spiritual, historical and indigenous place.

“I do think about the history of our people, the aspects of our people and the dysfunction, poverty and all of the social issues,” she explains as her soft voice. “I’ve had to look at history and colonization and residential schools and I was bombarded with all of this information and knowledge. I used that as my means to speak in the reality of the history that we don’t hear about in school.”

Her older sister was born.

“And the only way I can do that is by recognizing the strengths we have/Power in numbers/We got power or we spend/We got power or we miss/We got power in my voice/Heart it,” she raps in a song called *Agenda*.

“I could talk about Lindsay and her music all day,” says Dr. Charity Marsh, University of Regina professor and Canada Research Chair in Indigenous Media and Performance (IMAP). She directs the IMAP lab at

the U of R. The research lab gives students the opportunity to engage in hip-hop culture. They can learn to make beats, write, breakdance and do graffiti work.

Marsh has published a number of articles about Knight. She’s currently co-editing a reader with scholarly hip-hop articles (the first in Canada), which includes a piece about Knight. Lindsay is a really important activist and an artist, and what is so lovely about hip-hop is one can use

their activism within the art and it actually comes from a place of an underlying guttural of resistance,” Marsh says.

Lindsay offers a variety of very unique experiences and perspectives within a fairly masculine genre, and she works against a lot of sexism and cultures of that genre. Her work and contributions to her art form are both provocative and important as a kind of political voice for young indigenous people.

I started to look at history and colonization and residential schools, and I was bombarded with all of this information and knowledge. I used that in my music to speak to the reality of the history that we don't hear about much in schools. —

Knight

But she wasn't always a proud Cree woman. Knight's mother is Rose Ann and she used to hate her ancestry being that, but she remembers it being "diverting" when her indigenous father would pick her up from school.

"I always grew up around education, drama, violence. I knew that was all there but I didn't know why I was led to believe it was a genetic thing — that we were genetically inferior and that's just the way it was." That's where the shame came from, but then she started learning. "It became very clear that it had to do with a history and government decisions and we're not inferior. Things can change. We have to move up. I have a revolutionary way of thinking."

Her life's goal is maintaining an open dialogue about resistance, but not in a declarative way. She used to rap in anger, but she's since realized a better way to relay a message.

"It's sort of an open dialogue and some thinking about it from a perspective where it's a gentle knowledge of a really hard truth," she says.

"That's the way that we create dialogue and people listen and are open to us, because if we're yelling and ranting about it about a lot of doors." Another reason for softening her lyrics? Her children.

Five-year-old Kaseki is started up on the couch, watching *The Magic School Bus* on Knight's iPad. He says "hello" quietly and she explains that he's shy and a bit introverted like himself. Kaseki comes 'kay to Cree.

Later, in her basement studio she and her husband Randy Moran talk about how musical and artistic Kaseki is — he creates intricate drawings of dinosaurs and tells with great detail. He doesn't like his room and loves to play the guitar.

Continued on Page 8



Lindsay Knight with her husband Randy Moran and their children Kaseki (left) and Kaseki (right) discuss her life as a Cree woman.

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Those are powerful things for young people and one of the reasons why Lindsay is such an important mentor and figure within hip hop music in Canada, and especially in the Prairie provinces. — Charity Marsh



Lindsay Knight (second from left) with her daughters Kasey and her daughters group performed recently at a University of Saskatchewan event that honored indigenous women's voices. (PHOTO BY MICHAEL BIRN)

"He just showed us a new song he made up," explains Knight. "Don't mention it," Kasey says quickly to his mom.

Their daughter Kasey, which means "compassionate" in Cree, is 18 months old and very outgoing. A big smile is everpresent as she claps her hands and swings her feet, which don tiny little moccasins. She's sitting on the kitchen floor on a big fuzzy blanket. A tiny teddybear sits in front of her as well as a Fisher Price piano.

"Kasek, natum" says Moris from the kitchen. *Natum* means "name" in Cree, the only language Moris speaks to his children. He is known as a language activist and is one of the few people of his generation who speak Cree fluently in the community. When he isn't playing percussion or teaching, he volun-

teers his time teaching language classes and leading storytelling workshops and other seminars. Knight is learning Cree along with her children and she often includes the language in her music.

One song, *Aktay Weeasay*, which means "things will get better" in Cree, describes her experience with postpartum depression after having Kasek.

"I couldn't believe this little being was outside/emphasis came crashing in to fill the void," she raps in the song.

"It totally floored me," she recalls. "It hit me like a box of bricks, this heaviness, this heaviness, it was so powerful." When it was too much to bear Knight got help for the depression and says it was important that she get help early. Then she did what was natural —

she wrote about it. Knight wanted to talk openly about the experience because of the stigma attached to mental illness and depression. She said, Cree language so the song could be understood in different areas, particularly in northern communities.

Knight has always been honest in her music.

"I always hope when people listen to the words and instruments that they'll hear the honesty and listen to the honesty and reflect on their own experience."

She's written about all kinds of issues but during her many years of writing and recording, Knight never wrote a song about women.

"I thought, 'I don't ever want to write a song about women because I shouldn't HAVE to,'" she says. *But* she wrote Kasey a song when

she was born; she wanted Kasey to know what she was thinking and how she was going to raise her but then it turned into a song about women. That was just one change in her music after having children.

Her latest CD *Nam, meaning 'true'* in Cree, was written and recorded in the first year of Kasek's life. It came out in 2006 and marked a new stage, because "I was thinking for two and everything I did aspired to and I..." She realized her children would listen to her music as they grew up so she made sure to leave a positive legacy.

Knight's lyrics come from within, but she doesn't think of — and feels — those around her. Just one mention of a family's experience with residential school resonated with her. She went home, put her kids to bed and thought, "I was

there guys being taken away from me. And I started crying. I'm not usually emotional about things... (but) I felt the powerful emotions of those parents who had to watch their kids being taken away," she explains. "The hurt and the pain, I could feel it."

She sat down, wrote an entire song and cried the whole way through.

"A lot of these lyrics that come out of me I'm surprised they aren't necessarily mine. I may have a way of working them in a cool, lyrical, rhyming way, but as far as the concepts and the emotion behind them, I feel like it comes from another place." She attributes this to the spiritual world.

Marsh often asks her to be on panels, and to do workshops and concerts with students.

(Knight builds) unbelievable trust; when they see Lindsay here it's like immediately they relax because they know they're going to have some sort of relief that day. She's a listener.

— Danielle Genest

"She's a very powerful force for young people and I see young people respond to her in an incredible way," says Marsh. "Identifying with her (and having) a mentor who expresses the kinds of concerns that might be part of their lives — these are powerful things for young people and one of the reasons why Lindsay is such an important member and figure within hip hop music in Canada, and especially in the Prairie provinces." Plus, she's been around for a while: Knight started rapping when she was about 15 and has been doing so professionally for the last 10 years. She released her first album in 2005 and is working on a new one, set to come out this spring.

"In her genre, she's well respected. She's helped develop a theme in the city and the province in that genre," says Derek Bachman, program manager at SoulSwitch.

"She's incredibly talented. She's got an incredibly strong presence on stage. I think on an international level, she could definitely find the markets to grow in."

Knight is one of two artists chosen by SoulSwitch to represent the province at world music festival Mوندال Montreal later this month, an opportunity she's very excited about.

Knight doesn't just save her talents and creativity for the stage. Each day of the week is reserved for community work, where she's been a Monday evening free Code class. Knight's Tuesday night was co'drum group and mentoring on Wednesday nights at the Student Wellness Initiative. Toward Canadian Month (SWITCH) The 101 jam on

SWITCH program coordinator Danielle Genest speaks highly of the couple. They got community

first, something that gets a long way with SWITCH's clients.

"(Knight builds) unbelievable trust; when they see Lindsay here it's like immediately they relax because they know they're going to have some sort of relief that day," Genest says. "She's a listener. Unless you ask her something she doesn't say anything about herself — she's just so modest."

A couple of times a week, Knight goes into schools around Saskatoon to perform, do workshops and talk on everything from songwriting to self-esteem building. Knight's main message is to be confident. She urges youth to stand up for what they believe, and to never stay silent.

"When I stopped doing that, or anything started happening for me," she says.

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Lindsay Knight performed at the 2013 Celebration of Aboriginal Music at the Lawrence Church in Saskatoon. @prairieprovinces

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IN THE CITY

OCTOBER 31, 2013 — 7:33 P.M.

Halloween a family affair



Siblings Micah Abene, Shira and Moriah dressed the cat, and were thankful the snow had left yet to look or treat on Halloween. STYLING: PHOTO BY MICHELLE SERRA

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Daily trips to the park soothe the soul

Christina enjoys daily meanders taken while strolling through John Ament Park in the Arbor Creek neighbourhood nearly every day. **STACEY FRIEDMAN/STREET STORIES**

By Angelina Irlinici

Christina singer and songwriter daily Meanders has a lot to say about John Ament Park. Meanders, who's also a fitness instructor and author, visits the Arbor Creek park almost year-round. It's been a place where she got to watch her two sons grow up, spend time with her husband and continually gets inspiration for her songs and stories. It's been a place of solace during life's tough times and even helped during health issues. After 36 years, she still visits her favourite place in Saskatoon almost every single day.

Q. What is it about John Ament Park that you love so much?

A. It's kind of like an oasis in the middle of suburbia. When we moved into the area about 26 years ago we discovered it. It's just a really beautiful place. As a step at home town during that time I'd bring my kids down here and they loved being by the water and making puddles into the main water lake and hiking and walking. When relatives would come we'd always make sure we'd take a trip down here because it's such a beautiful place to be.

Q. How do you feel when you're here?

A. There's something very peaceful about it. (It helps) when I'm stuck as lyrics. I'm actually on amateur photographer this and I love to come down and take photos of the wildlife

we see down here. — I wasn't a big bird person, but I often take walks with my husband and he's much better at identifying birds than me, so I've learned a lot from him.

Q. What kinds of wildlife do you see other than birds?

A. Not too much. We saw muskrats occasionally in the past but year we saw one and this year we were able to see two. I've also seen, I believe they're called newts, a whole bunch of different newts. And I know when my kids were young, their friends would come and collect crayfish here.

Q. After coming for 36 years, how have you seen the park change?

A. I think the biggest thing is that

there's been a change in the landscape a little bit. There used to be a boardwalk that was really lovely to walk along, because you got this sense that you are at the lake or something like that and unfortunately the city had to take it down. I'm not quite sure, but I believe it just became obsolete but it was just really nice to get that feeling of walking across boards and it reminds me of when I was younger.

Q. Do you get tired of coming here after it's been so long and so often?

A. I haven't. It's on a meta level in the middle of a busy life. Again, it's a great comfort to come down here when serious life things have happened. When I had serious surgery, when I was well enough to start walking again it was

just such a blessing to come down here and be happy to be alive and back on my feet and walking.

Q. This place means really special to you — only to that?

A. It's mostly my husband and I who come here but the boys are older, we talk a lot about stuff and sometimes we pray together when we're down here. — I love coming down and seeing the other families and remembering what it was like for my family. But the big thing for me is that I had some health issues about a year ago and walking in this particular area has helped me live about 14 kilograms. It's been good for health reasons and it's been very helpful to the need to be here.

MUSIC

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#ENJAY

Teen rapper makes music for the people



Young rapper Nicholas Greenich in the park near his home where he likes to write lyrics. BRIDGES PHOTO BY MICHELLE BING

By Angelina Itricio

Rapper Nicholas Greenich is always working on his music.

"It's almost like an addiction," the rapper says. At only 17, Enjay has already spent up in Stockholm for some big names in hip-hop. Mischief of Sweden. Members ASAP Rocky and most recently Method Man and Redman. But he's also had his fair share of bad performance. He was nervous nervous before his first show at White Buffalo Youth Lodge. It was a fundraiser for prostate cancer which he describes as a "total experience." Lacking back at the show from two years ago, he realizes he wasn't

holding the microphone properly and lacked stage presence.

"You have to go through experience of bad shows in order to really appreciate the good ones," he explains. But, with each opportunity to perform, came improvement and soon Enjay was navigating the stage comfortably. Opening can be tricky, often the verse is nearly empty, so it can be difficult keeping the energy level high, but Enjay has got used to it as he's after the first experience.

"We've got to understand that the people who are down there at the front, these are fans and no matter if there are five people or 5,000 people there, you've got to put on a good

show for them," he says. "If you go up there looking like you don't want to be there, nobody wants to watch it."

Plus, he uses it to his advantage. Enjay makes sure to chat up the audience when he can, to ask questions about the music business and make connections.

Enjay doesn't just stop at the music. He acts as a creative adviser to a couple other local artists, some who contacted him and others that he reached out to. He's been involved in an antibullying campaign and will soon release a song from which he plans on donating all proceeds to Kids Help Phone. He says that he was bullied as a young child, and doesn't

think he was alone — everyone's dealt with it at some point.

"In my opinion the only way to really stop bullying is to teach kids to stand up for themselves. Or if you're somebody whose hearing it happen, you have to stand up for other people," he says, adding that he didn't have any issues with bullies after touring this sentiment.

He's been tirelessly working on his first full-length album, *Industry*, which he's just finished recording. The anticipated February release comes soon after his first EP, *White Noise*, which came out this summer. When it came to putting together his first, Enjay focused on the album as

a whole as opposed to just particular songs. He studied how other artists like Kanye West, crafted and put together their albums.

He wants to make music with which people can connect. For Enjay a song off of *White Noise* is about dealing with difficult situations. He recalls a powerful moment when a young woman approached him after a show crying and said that song helped her through depression.

"It was one of those moments where I felt like it was worth it," he says. "And I hope that more people can listen to my music and get that out of it because at the end of the day that's what I'm trying to do."

GARDENING

WINTER INDOOR GARDENING

How to overwinter succulents

By Erl Svendsen

Growing succulents in container gardens is very popular now. The variety of colors, shapes, sizes and unique features have increased and prices at individual plants have decreased. The other reason for their popularity is that they tolerate and even thrive with neglect.

Our growing season is a perfect match to their needs: low precipitation, bright light, warm days and cool nights. However, the ones used in containers are typically tender and unable to tolerate freezing temperatures. So the gardener becomes: Do you compost your succulents after the first frost and start fresh next year? Or do you try to overwinter them?

Many succulents can withstand very light frost for a short period with little damage. But it is best to plan to avoid freezing altogether by bringing your plants indoors at the first frost warning, usually early to mid-September.

When you bring them in, inspect for insects. Aphids are weak, soft bodied, green or black insects clustered along stems and near the tips. White, fuzzy cottony mealy bugs are found along stems, under leaves and occasionally under the soil. Both can be controlled with an insecticidal soap. Fungus gnats — tiny little flies — spend most of their life cycle in the soil. If these become a problem, it's a sign that you are watering too much.

Individual specimens can be left in their pots for now, but repot into larger containers in the spring. For succulents that started out with very small succulents, you likely have some crowding now. Here's a few options:

— **Re-pot and separate the plants** in your container. If you can, leave as much of the roots as possible. In peat-based conditions separate the root balls with a sharp knife. Do not repot an individual, wait about a week before potting individually to give the live



Beautiful succulents in your window add a dash of colour to the dark winter landscape. PHOTO COURTESY SONYA ARBMAN

ken root ends a chance to heal over. Use a cutter potting mix or several houseplant mix with one third coarse sand.

— **Many succulents are easily propagated with stem cuttings.** For cacti, take your cutting just above the soil, removing the bottom leaves until you have about 20 cm of bare stem. For other types, take at least a 10 cm cutting, removing the bottom leaves as you have bare stems at the bottom. Regardless of the type of cutting, allow the stems to dry in a cool

dark location for five to seven days. Before putting up individually in a pot, cut and dip the stem bottom in a rooting hormone to speed root development. Monitor the medium of potting up. Therefore water sparingly only when the top is dry.

For the rest of the winter place your succulents in bright light. An east or west exposure is ideal. Only during the middle of winter, while the sun is low on the horizon, can they be facing south in direct sun. If

the leaves or stems on the seaward side turn yellow, red or tan, it's too bright. If all you have are north windows, you will have to supplement with artificial lights.

Temperature is just critical — whatever is comfortable for you is comfortable for them — warm days (20C) and cool nights (10C). But avoid cold drafts. The other thing to avoid is overwatering. Soggy and cold media is a sure recipe for rotting root problems. If you see that stems are drooping slightly or leaves are vis-

ibly shrunk, then it's OK to water. But remember that succulents are adapted to water-poor environments and can survive significant periods of drought.

Finally since winter is a period of little growth, there is no need to fertilize. Start fertilizing again in March with a half strength fertilizer solution for the rest of the season.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca). *—Arlene (erl) jacobson*

FASHION

What's your winter style?

Send a note to bridges@thestarphoenix.com

#SASKATCHEWAN STYLE

Christina Bourne: Photographer has functional approach to fashion

By Ashley Martin

Her name wonders why she doesn't "dress more like a girl," but Christina Bourne's style makes perfect sense in her line of work.

"I don't like to wear heels or anything where I can't move or bend, because I bend down a lot and I sometimes lay on the ground, so I don't want to look 'soo fancy,'" says Bourne, who darts creative, fashion and music photography through her business My Blobs Photography. "I try to just do a comfortable, relaxed look."

If she's donned a fancy dress, as per her mom's suggestion, it wouldn't bode well for photo shoots — "Then it flies up and people see. No. Not good."

Bourne's favourite season is fall, because she can layer up. "Black and brown, those are my things."

It's not that she is easily to looking good, but function is an important component the 22-year-old's fashion sense.

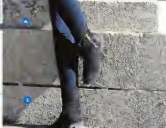
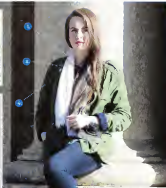
"I try to think first about what it is like outside, what's the weather like? Then I think about what exactly I'm going to be doing on that day. I try to dress in kind of layers, like to go out and look good. Kind of like those movie moments, those moments when you look in the mirror and you put on a three or four different outfits you're like, 'OK, I'll choose this one.'"

Her real passion photography began when she was six years old. She'd spend hours going through boxes of family photos, picking her favourites.

"I just had this obsession with capturing the moments of life, just this single instant. I've always had a passion for it."

Even though her computer isn't necessarily her thing, photography is opening Bourne's eyes. She does a lot of model headshots and shot Sask Fashion Week last year.

Now that I've got more of a taste for the fashion industry, I've kind of been easing my way into a little more. I kind of like it now. I like taking pictures of models. You get to do all the creative cool poses. It's becoming...



1 SCARF: Vintage. Borne to Canada. It belonged to her father.

"I have a lot of my parents' old clothes. I have a pair of my mom's... and some clothes of my dad's when he was on the farm."

2 RINGS: Mid-finger ring from Aldo. Index-finger ring was a gift from a friend. "I'm typically a good person. I like warm tones."

3 SWEATER: Zuci.

4 JACKET: The Gap. "I got it in Winnipeg on sale and it was my mission to find a jacket like this because my friend had one. I've always loved the olive colour."

5 CAMERA: "It's a Canon AE-1. It's from the '70s. I got it at Value Village for \$30. I got it four years ago... I had barely any money in my bank because I was in university and just saving money, and I just had this feeling. There to buy that, I have to."

6 JEANS: Levi's.

7 BOOTS: Newwood, where she also works. "My boss picked them out."

Photographer Christina Bourne's style is functional, but not too relaxed. **ABOUT PHOTOS BY SCHEIDT**

NEXT WEEK: Did you keep your baby's name a secret during pregnancy? Email bridges@thestarphoenix.com

#PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

What's the best parenting advice you're parents gave you?



"My mom shared that just when I thought I'd figured out my baby and potter hen would be of a course, things would change — so that!" — Kaitlin Tenopir, Gay

"My mom told me to have confidence in myself as a parent." — Ron Rochelle, Straight

"It's nice to want things. [Auntie reminded me in a room filled with so many toys and games, just because they want it doesn't mean they should get it.] — Courtney, Straight

"Don't leave children alone!" — Kaitlyn Shewend

"Treat your babies at every age. They grow up very quickly. I miss the days when I knew exactly when they were and what they were doing. Today I haven't got a clue." — Judy S

"My mom always told me to trust my gut. This advice was invaluable when I came to all things medical with my pregnant 15'1 had 2 babies in my gut and taking my son to the hospital for what

his pediatrician thought was a gas problem he wouldn't be here today!" — Michelle Gieschke

"The best parenting advice my mom gave me was to not stress out about getting the baby on an immediate schedule because it takes time to just into a routine and babies need some no sleep." — Nikki Minick

"Two simple words from my dad: 'Sleep cool.'" — Darla Contreras

"They have given me lots of good advice, but I really try to listen when they tell me not to get so worked up about the what seems to be: consistent mess. My kids are two and four and I feel like I should always be picking up their stuff. What I really realize is as my boys grow with them — play with them, deal with them (and) not just ask us after them." — Jennifer Horder

"You will not like everything that your kids do, but you will accept that that's all right you are a smart woman!" — Alyssa Cornschiehl

Authentic Amish Cooking



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Favorite Chili Soup

1 1/2 lbs. Hamburger (browned)
2 cans. Beans (drained) and browned with hamburger
Drain all grease

Add
1 qt. Tomato Juice or 10
2 cans 10.5 oz. Chili Beans
1 T. Chili Powder
1 T. Pepper

Cook ingredients. Serve hot. May be frozen or canned.
Seasonings like salt and pepper mix only in accordance to the taste of your taste.

For variations
1 at a time, mix and use one or two of the following:

1/4 C. Celery 1/4 C. Dried Green Peppers 1/4 C. Dried Mushrooms
1/4 C. Onions 1/4 C. Beans



Banana Muffins

3 Large Ripe Bananas
1 Egg, beaten
1 1/4 C. Flour
1 T. Baking Soda
1/2 C. Pecans, chopped
1/4 C. Sugar
1/4 C. Butter, melted
1/4 C. Salt
1 T. Baking Powder

Mash bananas then add sugar, egg and butter. Combine with dry ingredients with a fork. Pour into muffin pans. Fill only half way. Bake at 375° for 18-20 minutes. Yields: 12 muffins.



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CITY NEWS

PRO BONO STUDENTS CANADA

Law students fill gap in legal system

By Angelina Irimaci

For the last 10 years Pro Bono Students Canada (PBSC) — the University of Saskatchewan chapter has been providing free legal services to the community. The 30 students volunteer three to five hours per week working on projects for various organizations in Saskatoon. The new about The Justice Community Centre for Gender and Sexuality Diversity, the John Howard Society, The Legal Aid Society and long time about Community Legal Assistance Services for Saskatoon Inner City Inc. (CLASIS). Some projects serve clients in other areas

of Saskatchewan as well.

More than half of the students volunteer at three of CLASSIC's programs: the Family Legal Assistance Clinic (FLAC), the Legal Advice Clinic (LAC) and the Walk-in Advocacy Clinic (WAC). WAC provides basic legal services on issues like landlord/tenant, human rights and immigration issues.

Students assist the supervising lawyers with clients in the areas of family and criminal law work to update CLASSIC's database and are conducting a research project on housing rights. All projects PBSC takes on must be through an organization and run from September until March.



Carly Romanow and Leah Lu volunteer with Pro Bono Students Canada — University of Saskatchewan chapter to provide free legal services. (Submitted photo by student L. Romanow)

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Letters to Santa

Children of ALL AGES

Santa needs your help!

Remember last year we asked you to submit letters to him in advertising features during the holiday season?

YOUR RESPONSE WAS OVERWHELMING!

This year he needs your help again...

Please write or draw (or both) telling Santa about a family Christmas tradition.

• PLEASE WRITE IN PEN •
(as neatly as possible)

Some of the letters received will appear in The StarPhoenix and Bridges.



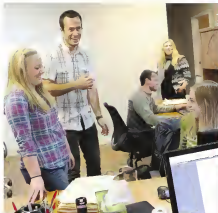
WIN A \$250 Gift Card from THE GIGGLE FACTORY

Please submit letters early and no later than November 30, 2013.

Please include your name, age and phone number on the back of the letter, and mark all envelopes "Letters to Santa" at The StarPhoenix, 204 First Ave. N., Saskatoon, SK S7N 2P1.

Note: Please submit to us early as we will not be publishing letters received or marked with signatures or phone numbers. The StarPhoenix Publishing Dept. (204) 241-1342

You're actually helping people who are going to lose their home that week or they're going to be put in solitary confinement. — Lindsey Cybulskie



Lindsey Cybulskie left, a Pin Point Students Canada volunteer, chats with other students working at Carleton Place Learning Services for Saskatchewan's City Inc. Students PHOTO BY MICHAEL KIRK

"One of our goals at CLASSIC is to try to plant the seed of the pro bono spirit, and we see that. A lot of our LAC volunteers are actually CLASSIC alumni, so it's actually younger lawyers in the community coming and volunteering, and I think that's probably a good sign for the future of the law," CLASSIC executive director Charlotte Johnson says.

Aside from students in the intensive program in full semester at CLASSIC, the U of S's chapter provides CLASSIC with all of its student volunteers.

PNBC student volunteer Lindsey Cybulskie is the co-ordinator of PNBC. The third-year law student appreciates that she can apply concepts she's learning in her school to real situations.

"You're actually helping people who are going to lose their house that week or they're going to be put in solitary confinement," says Cybulskie, who was part of the intensive program at CLASSIC. "They are facing pretty horrible things, and you're actually able to help them out with it. And the supervising

lawyers are a lot — it's nice to have good role models like that, who actually want to make a difference."

Not only do the students gain practical experience in their field, but they're also helping to fill a gap in the community. Many are around legal aid but being alone the nearest out, but can't afford private services, explains Johnson.

"It's really practical experience that you're not going to get anywhere else and it's also filling a need in the community. There's a big gap — a lot of people are under-represented in the legal system so we can help out that way," says Carly Roseman, one of PNBC's program coordinators.

PNBC has chapters in all 11 law schools in Canada and is the only national pro bono service in the world. The U of S chapter is the only one that is funded by the law school itself. Last year, they partnered with 10 organizations and provided nearly 1,000 hours of volunteer service.

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SASKATCHEWAN'S BEST SPACES

Loft is perfect for DIY projects

By Ashley Martin

WHO? Crystal Davidovich and her fiancé Jeff Spies.

WHAT/WHERE? Their 2,600-square-foot loft located in Regina's Warehouse District.

WHY? The building dates back to 1913. The couple bought their loft two years ago.

WHY? It is spacious — two bedrooms, two bathrooms, den, living area, dining area and kitchen — yet completely different from a house. Coming from a little house, “the complete opposite of the place,” Davidovich had always notched western-style lofts and wanted to try living one. After they saw this place, no house compared.

With 13-foot-high ceilings and exposed brick, the home had enough character to suit her do-it-yourself decorative style.

“You can kind of be quirky with the stuff you put up. You can be a little bold too.”

HOW? When they bought it, the condo was not so different from the way it is now. They installed new hardwood floors and a new fireplace — a more modern upgrade — but other than that, they only added personality.

Orange and blue walls contrast nicely with the dramatic grey paint. A music-themed sun from the Regina Inn auction makes for another feature wall as does the “Wall of Fortune” — a bunch of framed fortune cookie messages.

The loft is perfect for Davidovich, decorating style, which is anything but cookie-cutter.

“I don’t like when you go to places and it’s... buy this set if there buy this, put it there. I like it [to be] just a little different.”

She likes doing things herself, finding inspiration on homestyle blogs. If you make it yourself, “it means more to you.”



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

BY DONALD A. BOWMAN

My Battle of the Atlantic

My book *My Battle of the Atlantic*, without daily life on a corvette. These were small ships not designed for ocean crossings. They were crowded, they were wet, and those on watch on deck had little protection from either German U-boats or the weather.

The Battle of the Atlantic was a battle we nearly lost, and if we had, we would also have lost the war. During the worst days of 1942, German U-boats were sinking allied merchant ships at the rate of one ship every four hours.

Canada was charged with protecting the convoys supplying Britain and Russia. To do it, we enlisted Prince boys, like me, and built a navy — a big one of small ships, often crewed by sailors who had never been to sea.

Every merchant ship — old war tug and small — was pressed into service. The slowest ship determined the speed of the convoy of maybe 40 ships. The night corvettes had to up and down to detect U-boats, the whole convoy periodically changed course to avoid them, and the ships all had different turning rates. Add



Author Donald A. Bowman

to find the weather, the herring ocean, the black of night and the constant threat from a silent, unseen enemy — it was like herding blind cats on a pitch dark moon.

It was always stressful. New technology such as radar and metal required extra crew which meant corvettes — designed for a crew of 100, by mid-war, a crew of 175. Living spaces were cramped. My bunk was right below the 'hedgehog' — a platform of rocket-propelled depth charges that fired in sequence. It was also separated from the water and from any incoming targets, by about a centimetre of steel. For many years after the war I had a phobic response to crowded places and my hearing is still affected by the hedgehog charges.

Even so we had equipment to detect and fight the enemy which offered us some comfort, I suppose. The merchant ships had none. When they were hit and survivors took to lifeboats and life vests, they were on their own. We couldn't stop. It was too dangerous to stop because the need to deliver the other ships was too dangerous. The cost was high — there are 11,000 unmarked graves of Canadian sailors in the North Atlantic.



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EVENTS

MUSIC

We dress dry, Nov. 6

Feeding Fiction
Buffs on Broadway,
817 Broadway Ave.

Leon Benda
O'Brien Events Centre,
241 Second Ave. N.
July Talk w/ Thomas D'Arcy
Vergara Tavern,
561 Broadway Ave.

Kyrielee w/ Aural Nation
and **Pinkie**
Rock Bottom,
6348 Broadway Ave.

Thursday, Nov. 7

Undercover Pinz
Crucian Restaurant and
Lounge,
49-227 Pinewood Dr.

Charger
Buffs on Broadway,
817 Broadway Ave.

**Black Delta Member w/
Skateboardz, Pallas and
Nelson**
LOUIS Pub
53 Campus Dr.

**Bucks w/ TonePlex, Host-
ess and Dynamite**
O'Brien Events Centre,
241 Second Ave. N.

**Adam Knight w/ Justin
Butledge**
Angels Cantina,
632 10th St. E.

**Shelton Jimmy w/ Doug
Hoyer**
Vergara Tavern,
561 Broadway Ave.

Friday, Nov. 8

Stick in the Ricc
Buffs on Broadway,
817 Broadway Ave.

Piano Friday w/ Bret Eskin
Deets Series (Belle Plaine
The Basement),
203 Fourth Ave. N.

Driftwood
Arm & Navy Veterans Club,
359 First Ave. N.

**Starline and the Curiosity
Club**
Majesty Television,
330 Eighth St. E.

Beulah's Whiffles Kings
Harold Street Market
Centre,
103 Fairmont Ct.

Jack Felix & Friends
Toon Town Tavern,
3330 Fairlight Dr.

Verbal for Movement:
Despite the Reverence w/
Seven Strait and Feeding
Fiction
LOUIS Pub,
53 Campus Dr.

**Matthew Good w/ Gentl-
men Husbands**
O'Brien Events Centre,
241 Second Ave. N.

**Death To The Police: A
Broadway Theatre Benefit**
Angels Cantina,
632 10th St. E.

Ry Divine Night w/ Sallish
Vergara Tavern,
561 Broadway Ave.

Apollo Cruz
Rock Bottom,
6348 Broadway Ave.

Tai Ann Birmingham
Starry Tavern,
106-33 10th St. E.

Saturday, Nov. 9

Stick in the Ricc
Buffs on Broadway,
817 Broadway Ave.

Jazz Duo Serenus Harold Manro
The Basement,
203 Fourth Ave. N.

Harry Startup
Nelsons Lagoon,
3022 Louisa St.

Driftwood
Arm & Navy Veterans Club,
359 First Ave. N.

Rhonda
Downtown Lagoon,
606 Spadina Cres. W.

The Lost Keys
Majesty Television,
330 Eighth St. E.

Aven Grace
Holy Trinity Anglican Church,
3572 34th St. W.

Emerson Drive
Dakota Dunes Casino,
204 Dakota Dunes Way,
Whitby

**Shooting Stars w/ Krug and
Cassabatt**
Angels Cantina,
632 10th St. E.

**The Noble Lies w/ Leeseven-
ter Ghost**
Vergara Tavern,
561 Broadway Ave.

**Big City Daytime w/ Moon
Bech**
Rock Bottom,
6348 Broadway Ave.

Tai Ann Birmingham
Starry Tavern,
106-33 10th St. E.

Sunday, Nov. 10

Henry Startup
Nelsons Lagoon,
3022 Louisa St.

Steve Aoki
Tosca Nightclub,
1211 Alberta Ave.

Zerbin and G.S
Rock Bottom,
6348 Broadway Ave.
Monday, Nov. 11

Meatloaf Heat
Vergara Tavern,
561 Broadway Ave.
Tuesday, Nov. 12

Ross Nelson Debut
Buffs on Broadway,
817 Broadway Ave.

ART

Isabel Art Gallery
Through the Fall at 560 Spadina
Cres. E. Fall presentations,
sponsored by Kerner Ltd.,
include: *Revising Modernism*,
an examination of modern
and contemporary art from
the 1950s to the present; and
They Knew It Was a Day
Home, a survey of art pro-
duction by 12 young female
artists across the Prairies.
The RBC Artists by Artists
Members exhibition, *Gellic*,
features an interactive installa-
tion incorporating a wheat
field by Cary Schewaga and
his mentor, Brian Maccom-
brook.

Hand-Wave Gallery
Until Nov. 7 at 405 Third Ave.
in Wexham, *Quintessence*, a
day and night media exhibi-
tion, is on display. Nov. 14, until
Dec. 30, a mixed media gallery
artists exhibition. An opening
reception will be held Dec. 1, 2
p.m. to 5 p.m.

SCMP Gallery
Until Nov. 8 at 253 Third Ave.
S. MUD-media art by Mar-
tina Tadman. The artists
works are of punk, based in the
discos, old farm yards, and
stuff the neighbours drop off
in their driveway. University
Printing/Canvas, Nov. 9-22.

A collaboration will show the
use of a performing class, dis-
playing different techniques
and types of performing.

Paved Arts
Nov. 8 to Dec. 7 at 424 20th
St. W. Dated Art by Steven
Bates. An audio/visual installa-
tion comprised of four works
that include sound, movement
and found objects. An artist's
talk will be held Nov. 9 at 2
p.m. *School of Athens: Train's*
Kitchen Art featuring A. Iphig-
enia, *Learn*, *Now* Nov. 6 at 6 p.m.

A multi-themed video show
in Saskatoon. They Pull
the Weiler Out Our Eyes by
Joel-Sebastian Gauthier. A
baseline commissioned by
RBCD Arts, that incorporates

photograms [commonly
known as Magic Eye Images]
which are best seen from their
belony.

Durrell Bell Gallery
Until Nov. 23 at 405-105 21st
St. E. Brian Arvine, paintings,
drawings, 14 sculptures, photo-
graphs and a collage by Arvine
Saman. This exhibition is a
statement to Arvine's
historical and contemporary
connection to the basin.

Affinity Gallery
Until Nov. 9 at 813 Broadway
Ave. Word View: An exhibition
of new work by Ceryn Miller
made from discarded dictio-
naries and encyclopedias. A
reception will be held Nov. 6
from 7 p.m. to 9 p.m. *Dimensions*,
Nov. 15 until Jan. 4. *The
Legend of the Red Thread* is a
book that visually represents
the legend of the Red Thread. It
is a collaborative piece by
Marnie Martin and Ceryn
Miller. A closing reception will
be held Jan. 3, 7 p.m. to 9 p.m.

The Gallery/Art Placement
Until Nov. 16 at 228 Third Ave.
S. *Silence*, all paintings by
Nancy Lowry.

330g
Nov. 8, 5 p.m. to 10 p.m., and
Nov. 9, 10 a.m. to 5 p.m., at
330 Ave. G. S. 330 Design
Group's annual Fall Show
and Sale. A show and sale of
100+ items of mixed fine art in
metal, clay and wood. Artists
in attendance include steel
and copper sculptures M. Craig
Campbell, James S. Karpas,
Bob Karpas and Greg Wash-
arovich, clay sculptures Paula
Cowley and Ken Williams and
wood furniture creator
Zach Hauer.

**The Gallery, French: Inter-
national Library**
Until Nov. 16 at 211 2nd St.
E. *Resonance* sculptures by Cindy
Hogarth-Pellier.

Gentle Art Galleries
Until Nov. 24 at The Centre.
A display by students of Jac-
queline Ohnd, a display by the

Royal Canadian Legion, work
by Saskatoon Quilts' Guild
a display by the Saskatoon
Camera Club, and the 2013 6th
Rural Art Show winners and
displays from the Saskatoon
Public School Board.

Hendel House Showcase
Until Nov. 30 at 710 Broadway
Ave. *Hearts* impressive
original watercolour paintings
by Terry Lind.

**Saskatoon City Hospital Gal-
lery on the Bridges**
Through November on the
third, fourth, sixth and sev-
enth floors of the Atrium at
Saskatoon City Hospital. Work
by three Saskatoon artists
through November: *World*
Jan. 1983-99 on the third
floor through November; *World*
on the fourth floor, a variety of
watercolour images by Laurel
Sutherland shown on the
sixth floor.

Partridge Centre
Through November at 110
Grandview Circle. Photography
by Shirley Collingridge.

**Ukrainian Museum of
Canada**
Until Dec. 31 at 340 Spadina
Cres. E. *Memory, Sovereignty
& Power: The Paper Currency of
Revolutionary Ukraine 1917-
1920*.

DeafCulture Canada Centre
Through December at 101
Deerbrook Rd. Touch the Sky
The first of four Canada
150+ in-house produced
cultural programs visitors to
look beyond the courtyard
surrounding the Avon Arline
and its history and
accomplishments of Avon
Canada.

Black Square Gallery
Open through the winter
at Northside Antiques on
Highway 2. After Glow a group
has featuring fall landscapes
and colors of the forest. Lakehead
replies.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

PHOTO COURTESY OF THEATRE PHOENIX

#SPECIAL EVENTS

Wu Day

Nov. 6, 10 a.m., at Credit Union Centre. An annual stadium sit-down, bringing together students and educators with leading social activists, cultural icons and musicians to celebrate the power of youth to create positive change. Hosted by Shawn Desman and Eric the Children's Bookman's Chris and Marc Kiebelberger. Featuring NSA legend Mike Johnson and human rights advocate in Martin Luther King III With singers Tyler Shaw, Key and November's special sponsor West and Molly Bello, the Kenyan Bops Choir spoken word poet Chris Che and youth speakers Mariah Ager and Vashal Vijay. Visit www.wuday.com

Christmas Craft & Bake Sale

Nov. 6, 10 a.m. to 12 p.m., in the Dewson Centre at Sherbrooke Community Centre, 401 Ave. D. Hosted by the Sherbrooke Community Day Program. Crafts, baking, jams, jewellery and child and a bus.

21st Annual Model Fashion Show

Nov. 6, 6:30 p.m. cocktails and 7:30 p.m. show, at the Sherbrooke Center. Featuring local media models and families, and fashion by local merchants. A fundraising event for Ronald McDonald House Baskinville. Call 306-344-1002

Circles of Voices Open House

Nov. 7, 7 p.m., at Studio 94, 114, 20th St. The debut performance of the Circle of Voices Native Theatre Company's 2013-14 Circle of Voices youth.

SSO Overstocked Book & Music Sale

Nov. 7 and 8, 10 a.m. to 5 p.m., and Nov. 9, 10 a.m. to 5 p.m., at the SSO Community Centre, 401 Ave. D. All featuring fiction and non-fiction books, sheet music, records, CDs, cassette tapes and new stock arrives daily. All proceeds support the Saskatoon Symphony Orchestra. For information visit site sso.ca or call 306-344-1002

53

Nov. 8, 3 p.m. to 5 p.m., and Nov. 8, 11 a.m. to 12 p.m., at TCU Place. A 19+ event. A high-end shopping and lifestyle event in a one-stop location of pop-up style stores. With boutique shopping, luxury cars, art, spa

treatments, shops and services, a DJ and entertainment. Food and drinks. Featuring New York style fashion shows. Nov. 8 at 8 p.m. and Nov. 9 at 3 p.m. and 8 p.m. An after party will be held at Belfry's Ultraclub, 2405, Eighth St. E., on Nov. 8. Donations for the Star Phoenix Race-a-Gasser Fund will also be accepted.

Saskatoon Native Arts Club Fall Market

Nov. 9, 9 a.m. to 5 p.m., in Hall D at Princess Park. Sales of new and used articles, clothing, antiques, sports and collection items.

Season 2

Nov. 9, 7 p.m., at TCU Place. A season of Ukrainian dance. Featuring Saskatoon's Ukrainian Folk Ballet Ensemble, Regina's Tivoli Ukrainian Folk Dance Ensemble, Calgary's Tivoli's Ensemble and Winnipeg's Rusalka Ukrainian Dance Ensemble. Winlay's Hopak with 30 dancers on stage.

Days of Bohemie

Nov. 9, 7:30 p.m., at Convention Hall at the U of S. Three ensemble performances. Featuring chamber music by Anthony Drelich. With selected Duane Cepuchowski, violin James Leys, cello Scott McKeown and pianist Kathleen Solos.

20th Annual S.C. David Birthley Book

Nov. 12, 5 p.m., at somewhere like Pub & Grill, 260 Broadway Ave. Featuring a book launch by author Kevin Barrett, Sheldon Garrett, Barry Reifford, Kevin Marsh, Doug Scornie, Laurie Currie and George Tempest. In support of breast cancer research. Admission by donation.

Remembrance Day Service

Nov. 11, 10 a.m. to 9 a.m., at Credit Union Centre. With a parade march, a full service and the raising of a flag.

Waggs Music and Words of Remembrance

Nov. 11, 3 p.m. and 7:30 p.m., at Knox United Church. Saskatoon Chamber Singers present their 10th annual concert of music and readings for Remembrance Day. This program will pay tribute to the poets who have served in defence of our rights and liberties as well as celebrating those who continue to do so. With works by Jocelyn Marlock, Eleanor Delay, Edward Eggar,



ACTING, AT RIGHT, JACQUELINE KAYNE-ARLEY AND LAURENCE DUNN IN A SCENE FROM THE PRODUCTION *Children Here* at TCU Place. Photo: which runs and Nov. 17, 8 p.m. at TCU Place.

Matthew Armstrong, Ralph Vaughan Williams, David MacIntyre, Don Macdonald and Mark Driff.

Women Suffrage and Beyond

Lecture Nov. 12, 7 p.m., at Good Commons in Emmanuel. All Ched at the U of S. Presented by The Department of History. Knowledge and Action in Aid of democracy. Women Suffrage and Beyond to tell No More by Dr. Veronica Strong-Bow. This lecture extends the women's suffrage or women's suffrage to resistance and action as the current foundation for democratic public policy. In particular, it addresses the incoherence in public law, the role of law professors of Canadian feminism in raising consciousness of social justice, and feminism's potential for countering the current democratic deficit.

Speechreading and Information for the Hard of Hearing

Nov. 18 and 25, 1:30 p.m. to 3:30 p.m., at Saskatchewan Deaf and Hard of Hearing Services, 3-511 First Ave. N. hosted by the Hard of Hearing Association. For information call 306-369-1237.

Health Innovation and Public Policy Conference 2013

Nov. 15, 10:30 a.m. to 4 p.m., in Healthy Martin Theatre at the U of S Arts Building. The Leaders Among Us. How Saskatoon innovators and policy makers are directing the future of health care. With a keynote

address by Dr. Lou Frenkel, President of the Canadian Medical Association. Saskatoon physicians Dr. Maryam Mahdavi and Dr. Chris Haggart, and Dr. Neil Shorrock along with policy experts Sam Friesen and Roy Somerville will discuss how they have driven change in the health care system. To register visit healthinnovation2013.ca.

The Creative Life Workshop

Saturdays from 1 p.m. to 4 p.m., Nov. 16 at Queen's House Festival & November 23rd, and Nov. 23 at The Twenty-First. A four-day series to help you learn to live your best creative life. With creativity coach Sandra Eakin. For a registration form email branda@brandasale.com or for information visit brandasale.com. The Creative Life, c/o 306-613-3245 or email branda@brandasale.com

#THEATRE

Chelsea Heist: The Songs of Leon and Celine

Runs to Nov. 17, 8 p.m. daily except Mondays, and 2 p.m. Sundays and Nov. 6, at Phoenix Theatre. A musical. Arts Centre Production. Leonard Cohen's powerful music and lyrics provide the heartbeat for this tale. When an anonymous songwriter checks into New York's infamous Chelsea Hotel in a desperate bid to find inspiration, he must wade through memories of past relationships and come to see love in a new light.

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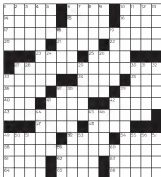
The StarPhoenix

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Long part of a hair
- 6 Make someone
- 10 ... a perfect
- 14 Actor Oden
- 15 David a Chaplin's last wife
- 16 Longest syllables
- 17 What 80s singer found on the beach in the song?
- 20 In the mail
- 21 Heart of the matter
- 22 Single
- 23 Not a support
- 25 Green Under numbers
- 27 Days of a full moon
- 28 Musical used to
- 29 ... like
- 31 House founded by Queen Elizabeth II
- 32 Irish ... new Beverly Hills
- 37 Letter before
- 38 Blue from Mars
- 40 And before
- 41 Grammy winner: 1960s guitarist
- 42 In need of some ...
- 43 Poodles as a group
- 47 With this, that cases ...
- 48 ... a leading stone
- 49 You'll need to take steps to get to it
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PHOTO: JEFFREY MANNING

JANIRO CLASSIC SUDOKU

Level: Gold

Fill in the blank cells using numbers 1 to 9. Each number can only appear once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Gold (hardest).



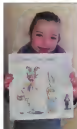
Solution to the crossword puzzle and the Sudoku can be found on Page 27

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to tridgata@thetwospot.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.

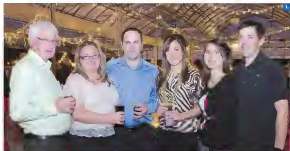


Last week's contest winner is Sophie Trotter. Thanks to everyone who submitted entries!

ON THE SCENE

Send us your CFL fan photos for a special Grey Cup photo page.
Email bridges@thestarphoenix.com.

#CROC' LACURE 2013 GALA



ON THE SCENE

#CHOC' LACURE 2013 GALA



Known as seventh year Choc' Lacure is a highly anticipated way to start November. Held at Dutch Brothers on Nov. 1 the 400 guests dined on delicious meals from the live and enjoyed entertainment by Road Janner & The Janner Boys along with Aaron Adair. Event proceeds assist live and silent auctions, raised money for the Saskatoon Cancer Centre.

Funds go toward a new precision molecular genetics laboratory that will perform tests for cancers fighting various types of cancers and most aggressive cancers. Targeted chemo therapy can also be designed to provide better outcomes. This testing is currently not available in Saskatchewan. Out of pocket tests cost \$1 million annually and create longer wait times before treatment begins.

About \$250,000 has been raised to date through the 2013 Choc' Lacure campaign. Donations are accepted at www.choclacure.com. Charitable income tax receipts are provided.

1. Wayne and Susan Southgate, Debbie Courtney, Tami and Trevor Desbake
2. Vince and Tracy Wawryk
3. Grant and Myla Klossner
4. Kim Vandervordt
5. Michael and Tanya Rubin
6. Brent Koskyk and Sherron Yurdopole
7. Gerald and Gisèle Desbake
8. Ben Barne and Gabrielle Laroche

BRIDGES PHOTOS BY BOND WALDMAN

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Borrow a family Nature Activity Net-Pac* and take a trail - nature awaits!

Guess what kids? You can send your questions to me at the address below.

Dear Chip,
How big do beaver families get?
LISA D



Thanks for the great question! Once a pair of beavers have "pair bonded" they will live together for many years, sometimes for life. Beavers breed between January and March and kits are born between April and June. Usually there are between one to eight kits in a litter. The size of the litter depends on how much food is available to the mother. Most kits stay with their parents until they are almost two years old and most beaver families (colonies) contain two to twelve individuals. The colony is usually made up of the parents, the kits born in the current year, and the kits of the previous year. In many ways, beaver families are similar to human families. Both beavers and humans look after their children until they are independent and ready to set out into the big wide world on their own.

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

Patricia Lane Beaver Society
24 Kenmore Highway #101
Kenora, Ontario
P9N 1A6
Tel: 807-333-2828, 333-2829
Fax: 807-333-2828
Website: www.beaversociety.com
E-mail: chip@beaversociety.com



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ASK ELLIE

Mother's spending on boyfriend needs to be dealt with

Q1 My parents were married and were business partners for 58 years. When my father became ill, he was in hospital for almost two years before he passed away. My mother's health plummeted; her heart literally was broken.

Then she got a letter from her first and only other boyfriend back in Germany — not heard from in 50 years. My uncle had put my dad's death notice in the town newspaper where they grew up, and her old flame read about it.

He wrote that his wife had passed away two years before. My mother wrote back and soon they were planning. She went to visit him in Europe and they've been together ever since, creating their time between North America and Europe.

I don't doubt their affection and need for each other. But I'm concerned because he was very wealthy and let his son inherit his house and business after his wife passed away. They were known as the wealthiest and happiest family in the town.

Ask Ellie



Men pay for everything. I've never seen him pay for a cup of coffee or dinner. He pays \$10,000 a year in cruise tickets — he never offers and she's afraid of upsetting him.

She keeps lending money to his son, which is already wealthy and also recently inherited close to a million dollars tucked away in a Swiss bank account.

I feel he and his family are taking advantage of Mom — has she even recently asked her for a mortgage which she was going to pay, until I had lawyers advise her that it's not wise to lend money overseas. (This after the guy just inherited. He just

didn't want to bring the money and send pay taxes on it.)

My mother's running out of money. She has property. She's also paying for his airline, clothes, food, and alcohol. She wanted hand and foot on my father and now has a new letter from her for their lifestyle. His son gave nothing for his father's upbringing.

I say I'll help to share the costs of travel and daily living. He's said that when she has no more money, he'll take care of her.

My siblings and I won't inherit anything. Yes, that's part of my concern (but he may pass away first and if she needs long term care, she won't have the resources).

Can I say something to him on my own?

She doesn't even carry a wallet. She deserves to be loved without having to pay for it. Your thoughts?

A Concerned Daughter

At 16, as a financial advisor first and get the details about how long your mother's money will last,

plan her double expenses. Then bring your mother along to hear it all.

Also, have the financial person list the potential needs for money over the next years so she gets, may need housekeeping and personal care, etc.

Most of the man's controlling of her time, you must find a way to get this information to her, and it's best coming from a third party professional. You may have to "stage" where you're taking your mother that day.

But there's no holding back once she knows. That's when you find your siblings, if possible, need to confront her companion and say his relying on her money is unfair and unwise since it leaves her vulnerable in the future.

You may even need to consult a lawyer on this matter. But be forewarned — your mother's used to "serving" her men. She may feel unable to do anything about her precarious financial position.

Q1 My best friend has two big dogs with flea, which I deal and shed on everything. She doesn't clean enough so her cat, house, and clothes always look and smell disgusting.

I've hinted that she should clean up that they smell bad and even had about asking to avoid going there or visiting in her car.

She always is off. I always tell all on the dog, saying it doesn't really bother her.

We've been friends forever and I don't want to hurt her feelings, but I feel like saying, "I don't want to hang out with you anymore because you smell bad and have fleas."

How can I say this to someone I love?

Someday Friend

At 16, as a financial advisor first and get the details about how long your mother's money will last, plan her double expenses. Then bring your mother along to hear it all.

Next week in BRIDGES

Guy Vanderhaeghe is happy to pass on his 40 years of writing experience to the next generation of authors



The StarPhoenix proudly presents
www.thestarphoenix.com

The Baby Block ...the Babies of 2013!

The StarPhoenix annual tradition featuring babies born during the past year will be published on Saturday, January 4th, 2014. This feature will also be posted online at thestarphoenix.com for all your family and friends to access.

This feature has proven to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to announce the newest member of your family.



Kyla Cherie Sheppard
Born July 9,
2002
elbs 16 oz,
23.5" long

Daughter of
Colleen &
Paul Sheppard

Baby sister to Karen, Dawn & Kelly
Proud grandparents
are Sue & Maurice Sheppard
She is our bundle of joy!

NEW

(actual size)
Include your
baby on the
cover in colour
for only \$85 +gst
(only 12 spots available)

New!

Early Bird Deadline: Friday, November 29, 2013
Regular Size: \$30 +gst/ Double Size: \$37 +gst
Include your photo in annual for only \$10 (extra)

After Early Bird Deadline:
Regular Size: \$40 +gst/ Double Size: \$47 +gst
Include your photo in annual for only \$10 (extra)

Final Deadline: Monday, December 16, 2013

Complete the attached form, enclose a large, clear picture of your baby and prepayment of your announcement to

The StarPhoenix Babies of 2013

Attn: Monique Classified Advertising, 204 5th Ave. N Saskatoon, SK S7N 2P1

Email a large jpg photo and your wording to advertising@thestarphoenix.com

Please include your daytime and evening phone number so we can contact you for credit card payment.

Or visit us in person at our classified advertising counter Main-Flo, B2B-420.
For further information please contact us at: 808-957-5385 or 1-800-963-0740.

Final Booking Deadline: Monday, December 16, 2013

— PLEASE PRINT CLEARLY — Please do not include any photo larger than 6x7

If you would like your photo book, include self addressed stamped envelope.

Daytime Phone: _____ Home Phone: _____

Customer Name: _____

Address: _____ City: _____ Postal Code: _____

Email address: _____

Select from the following options (only 12 front page announcements available)

Front Page: _____ Regular Size: _____ Enhanced Size: _____

Color: _____ (Black & White)

BABIES NAME (AS IT WILL APPEAR IN PRINT)

Date of Birth: _____ Weight: _____ Length: _____

Check one for your choice at placing:

Proud parents are: _____ Son of: _____ Daughter of: _____

First and Last Name of Parents: _____

Or specify alternate wording — "Grandson at 5B" and "Jean Smith"

If you choose the Front Page or Enhanced Size option please include any additional words up about your baby that you would like included in the announcement

Maximum words for Front Page 30 words Payment Method Visa _____ MC _____ Amex _____ Cheque _____

Enhanced Size 40 words Credit Card Number: _____

Single Size 30 words Family Size (1 Moth) _____

TOTAL AMOUNT \$10 _____



SHARPEATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook.

SASKATCHEWAN FOOD TRENDS

Second marketplace makes eating local easier

By Jenn Sharp

While farmers' markets are my favourite spot for buying local food in the summer, finding products during Saskatchewan winters can be tricky.

SaskMade Marketplace has become well known in Saskatoon for a one-stop-shop for anything locally produced. It's where I go to buy everything from Saskatchewan sour cherry jam to pretty generic postcards. And, just off all this, a second location in Regina's Cornwall Centre is now open until the end of January. If all goes well, owner Ken Newman may open a permanent Regina location.

The company works with local farmers, artisan food makers and processors to ensure the shelves are stocked with unique products. This business model is not only profitable, it also helps make clear the connections between consumers, agricultural and sustainable production.

In short, it's good to educate yourself and find out where your food comes from, something with which SaskMade's friendly staff are apt to provide help.

On the fourth Saturday of each month, SaskMade hosts a Farm to Fork Open House.

One of the vendors at the last Farm to Fork was Daybreak Mill, a certified organic grain, flour and cereal processor located near Estevan.

Daybreak was started in 1984 by Alvin Scherzberg, one of the province's pioneers in organic farming. Nicole Dornan took over from subsequent owner Kay and Marianne Aspinall in January 2012. The young farmer and entrepreneur has since been busy.

Nicole and her dad Dave grow six acres of Daybreak's products as they eat on their 800 acres. All the processing and packaging is also done on the farm.

"The products come straight from the farm to the consumer's table," she says.



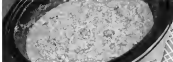
The slow cooked beef ribs were made using Santa Fe Foods' chile N'ling sauce. The company specializes in Saskatoon grown food products, with no preservatives, artificial flavor or colour added. It was one of the vendors at SaskMade Marketplace's Farm to Fork Open House. **BRIDGES PHOTOS BY MICHELLE BENO**

"We're trying to connect people with food. We want people to ask where does your food come from?"

Nicole presented samples of Daybreak's newest product: flours, which actually isn't new at all. Einkorn, an ancient grain and an ancestor of wheat, is about 10,000 years old. It's becoming more common thanks to Daybreak's lineup because, according to the research she's read, many of people's sensitivities to gluten are caused by new and seeded wheat varieties.

"The gluten problem with ancient grains don't seem to exist," she explains.

Trained this theory for years, I headed over to Daybreak's Flour Bakery in Regina.



The Daybreak organic flour is made from Daybreak Mill's Einkorn grain and local moisture. Owner Nicole Dornan was at SaskMade Marketplace's Farm to Fork Open House providing samples.

The 150 Daybreak's products in their artisan bread.

To shop online, visit www.daybreakmill.com.

Saskatoon's first Farm to Fork will be a Christmas-themed event on Nov.

30, with five vendors serving everything from appetizers to chocolate. The next open house will be held in January. Look for one in Regina on Nov. 30.

phoenix.growtophoenix.com/saskatons



WHAT YOU NEED TO KNOW:

SASKMADE MARKETPLACE SASKATOON

1620 Eighth St. E.
Farm to Fork Open House
Nov. 16, 10:30 a.m. to 4:30 p.m.
Enjoy chocolates and popsicles from the vendors at the Christmas-themed looking.

DAYBREAK MILLS PRODUCTS IN SASKATOON:

SaskMade Marketplace
1620 Eighth St. E.

Dear's Organic Market
1520 Eighth St. E.

WINE WORLD

WINE WORLD

Powerful and velvety smooth Spanish La Bascula

By James Romanow

I've been watching for some time for the arrival of famous labels of Monastrell (also known as Mourvèdre) dominant wines in the shelves. That number seems to be growing.

It's a grape that likes the heat, can stand drought and tends to produce a big wine. It can be a notoriously tough wine that needs several decades in the bottle to be tamed. However, the specialists use a variety of oak in their barrels that's a close relative of American oak. That is a grape that can stand up to any amount of playful and factious, French oak has less of both.

Most of the better Monastrell I've been drinking come from Spain although some California producers are fans of the grape. La Bascula is the latest Spanish model, down the runway and has much to offer drinkers and cork dorks alike.

Per cork dorks, the grapes come off 50-year old vines that are ungrafted. Vines are typically grafted to a semi-resistant rootstock to resist phylloxera. There's a theory that ungrafted vines produce better "traces" wine. I'll leave it up to you for a final judgement.

For drinkers, this is a really nice wine that walks a medium line between New and Old World wine styles. It's velvet smooth with the rounded power. I was doing a survey of new wines a few weeks ago, seeing a number of



them and The Gazette moved from the back of the pack to the very front in short order. It has the kind of relaxation I enjoy, enough so I abandoned my testing to spend the evening listening to very old music, drinking the bottle and ignoring the rest.

LaBascula: The Gazette Space, 2011, 2012

More wines in Monday's paper and on Twitter @jdrbass.

Crossword/Sudoku answers

SHAFT	BLIP	PRET
AIDAN	ODNA	LALA
PRINTS	OPTHIEVES	
SPRY	PITH	NAIVE
	ADIM	EMUS
FORING	PATIENTS	
SEELIO	LINT	ORE
UCLA	YOURS	TWIX
MAT	LANG	HAIRY
PRESENT	OPF	IND
	WINT	IDOL
ATTIO	POLL	SIGI
JUMP	ATT	MECHANIS
ATEK	VOIR	STOOL
RUNG	GEOS	TENSE

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7	4	1	3	2	6	9	8	5

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Wednesday, December 4th

Winter Edition
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AND WIRING
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AND WIRING
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